



Full Service Salad Bar (6-12) Menu

August/September 2012

The cost of a paid student meal is \$2.50. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes meat or meat alternate w/ grain/bread accompaniments, vegetable sides, fruit sides & choice of 1% or skim white milk.

	<i>Base Veggies</i>	<i>Base Toppings</i>	<i>Featured Veggies</i>	<i>Featured Toppings</i>
Week 1 8/27- 8/31	Romaine Mix Local Cucumbers Diced Tomatoes Shredded Carrots Local Green Peppers	Sliced Eggs Shredded Cheddar Homemade Croutons Sweet Raisins	Diced Celery Broccoli Florets Diced Red Onions Baby Spinach	Buffalo Chicken Strips Whole Grain Garlic Breadstick
<i>Signature Salad: Buffalo Chicken – Buffalo Chicken Strips, Diced Celery, Diced Scallions & Shredded Cheddar</i>				
Week 2 9/4-9/7	Romaine Mix Local Cucumbers Diced Tomatoes Shredded Carrots Local Green Peppers	Sliced Eggs Shredded Cheddar Homemade Croutons Sweet Raisins	Shredded Red Cabbage Sweet Corn Mandarin Oranges Mesclun Mix	Diced Turkey Ham Whole Wheat Roll
<i>Signature Salad : Cobb Salad – Sliced eggs, Turkey Ham, Shredded Red Cabbage & Whole Wheat Roll</i>				
Week 3 9/10-9/14	Romaine Mix Local Cucumbers Diced Tomatoes Shredded Carrots Local Peppers	Sliced Eggs Shredded Cheddar Homemade Croutons Sweet Raisins	Broccoli Florets Parmesan Cheese Garbanzo Beans Local Arugula	Grilled Chicken Strips Whole Grain Garlic Breadstick
<i>Signature Salad : Chicken Caesar– Grilled Chicken Strips, Parmesan Cheese, Croutons & Caesar Dressing</i>				
Week 4 9/17-9/21	Romaine Mix Local Cucumbers Diced Tomatoes Shredded Carrots Local Green Peppers	Sliced Eggs Shredded Cheddar Homemade Croutons Sweet Raisins	Black Beans Corn Diced Red Onions Baby Spinach	Chili Lime Chicken Strips Baked Tortilla Chips
<i>Signature Salad : Southwest Chicken – Chili Lime Chicken Strips, Shredded Cheddar, Black Beans & Corn</i>				
Week 5 9/24-9/28	Romaine Mix Local Cucumbers Diced Tomatoes Shredded Carrots Local Green Peppers	Sliced Eggs Shredded Cheddar Homemade Croutons Sweet Raisins	Diced Celery Broccoli Florets Diced Red Onions Baby Spinach	Buffalo Chicken Strips Whole Grain Garlic Breadstick
<i>Signature Salad : Buffalo Chicken – Buffalo Chicken Strips, Diced Celery, Diced Red Onions & Shredded Cheddar</i>				
Available Daily: Creamy Caesar, Balsamic Vinaigrette, Raspberry Vinaigrette, Ranch, French, and Italian Dressings Choice of 1% or Skim Milk Daily Fruit Choice				